

Sponsor: Fuchs Mizrahi School

Summer Food Service Program (SFSP) Cycle Lunch Menu

Dates: 3/30/2021-4/6/2021

	<u>Wednesday 30</u>	<u>Thursday 1</u>	<u>Friday 2</u>	<u>Saturday 3</u>	<u>Sunday 4</u>	<u>Monday 5</u>	<u>Tuesday 6</u>
MILK: 1 cup (8 fl. oz.)	8 oz 100% fruit juice	8 oz milk	8 oz milk	8 oz 100% fruit juice	8 oz milk	8 oz 100% fruit juice	8 oz milk
GRAIN: 1 serving (1 slice of bread; ½ cup of pasta, cereal or grain) *	2 oz Gal Gal crackers	2 oz Gal Gal crackers	2 oz Gal Gal crackers	2 oz Gal Gal crackers	2 oz Gal Gal crackers	2 oz Gal Gal crackers	2 oz Gal Gal crackers
FRUIT OR VEGETABLE: ¼ cup total (two or more)	4 oz broccoli	4 oz cauliflower	3 oz fries	4 oz romaine salad	4 oz vegetable chips	4 oz broccoli	4 oz cauliflower
	4 oz mandarin oranges	4 oz mango chunks	4 oz mandarin oranges	4 oz mango chunks	4 oz mandarin oranges	4 oz mango chunks	4 oz mandarin oranges
MEAT OR MEAT ALTERNATIVE: 1 oz. meat or cheese; ½ cup dry beans; 1 lg. egg*	2 oz chicken legs**	2 oz tuna salad	2 oz sliced cheese	2 oz Flanken beef	4 oz sliced cheese	2 oz chicken breast*	4 oz yogurt
OTHER	**cook at 350 for 30-35 minutes till internal temperature is 165F			**cook at 350 for 45-50 minutes till internal temperature is 160F		*fully cooked. Heat and serve	

This institution is an equal opportunity provider.

Sponsor: Fuchs Mizrahi

School

Summer Food Service Program (SFSP) Breakfast Menu

Dates:

Dates: 3/30/2021-4/6/2021

	<u>Wednesday 30</u>	<u>Thursday 1</u>	<u>Friday 2</u>	<u>Saturday 3</u>	<u>Sunday 4</u>	<u>Monday 5</u>	<u>Tuesday 6</u>
MILK: 1 cup (8 fl. oz.)	1 % milk	1 % milk	1 % milk	1 % milk	1 % milk	1 % milk	1 % milk
GRAIN: 1 serving (1 slice of bread; ½ cup of pasta, cereal or grain).*	1 oz whole grain muffin	1 oz whole grain muffin	1 oz whole grain muffin	1 oz whole grain muffin	1 oz whole grain muffin	1 oz whole grain muffin	1 oz whole grain muffin
FRUIT OR VEGETABLE: ½ cup total	½ cup apples	½ cup mango	½ cup apples	½ cup mango	½ cup apples	½ cup mango	½ cup apples
OTHER							

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